APPENDIX A

(Marked Up Version of Amended Claims)

1. (Amended) A gun rest comprising:

a plate having a first end section lying generally in a first plane, a second end section and an intermediate section, wherein the plate is bent at the intermediate section such that an interior angle from about 90° to about 150° is formed between the first end section of the plate and the second end section of the plate; and

an opening formed in the first end section of the plate through which [a] an elongated shaft having a longitudinal axis may be inserted;

wherein the opening is configured and arranged to allow selective adjustment of the plate's position along the length of the shaft; and

the first end section is disposed in relation to the shaft such that the plane of the first end section is non-perpendicular to the longitudinal axis of the shaft.

12. (Amended) A method for improving the accuracy of a sportsman, the method comprising the following steps:

providing a gun rest which comprises a plate having a first end section lying generally in a first plane, a second end section and an intermediate section, wherein the plate is bent at the intermediate section such that an interior angle from about 90° to about 150° is formed between the first end section of the plate and the second end section of the plate; and an opening formed in the first end section of the plate such that a shaft may be inserted through the opening;

providing [a] an elongated shaft having a first end section, [and] a second end section, and a longitudinal axis;

inserting the shaft through the opening in the gun rest;

placing the second end section of the shaft upon a surface;

slidably adjusting the position of the gun rest on the shaft to the desired height such that the first plane of the first end section is disposed at a non-perpendicular angle to the longitudinal axis of the shaft; and

placing the forearm of a firearm on the gun rest at the intermediate section such that the forearm of the firearm is cradled between and supported in both the vertical and horizontal direction by the first end section of the plate and the second end section of the plate.

23. (Amended) A gun rest comprising:

a plate having a first end section, a second end section, an intermediate section and two sides extending between the first end section and the second end section, wherein the

plate is bent at the intermediate section such that an interior angle from about 90° to about 150° is formed between the first end section of the plate and the second end section of the plate; and

an opening formed in the first end section of the plate, wherein the opening extends to one side of the plate;

such that the an elongated shaft with a longitudinal axis may be inserted through the opening and a non-perpendicular angle is formed between the first plane of the first end section and the longitudinal axis of the shaft.

28. (Amended) The gun rest according to claim 23, further comprising a retaining device for securing the gun rest to [the] a shaft..

31. (Amended) A gun rest comprising:

a plate having a first plate section lying generally in a first plane, a second plate section lying generally in a second plane, and an intermediate plate section disposed between the first plate section and the second plate section; and

an opening formed in the first plate section, the opening being adapted and configured for [a] an elongated shaft having a longitudinal axis to be inserted therethrough;

wherein:

the first plate section is disposed in relation to the shaft such that the first plane is non-perpendicular to the longitudinal axis of the shaft;

an interior angle is formed between the first plate section and the second plate section;

the intermediate plate section is adapted and configured so that the forearm of a firearm may be mounted atop the intermediate plate section such that the forearm rests upon both the first plate section and the second plate section; and

the opening is configured and arranged to allow selective adjustment of the plate's position along the length of the shaft.